

Clean up your Rubbish (kicking)

Age:	3 - 8 Year olds
Participants:	4 - 30
Time:	10 Minutes
Equipment:	Cones, flat markers, medium and large foam balls, volleyball net (optional)

Skill(s):



Kicking (Soccer)

Set Up:

- Place cones in a large rectangle 10m x 15m and divide space with a net or a row of flat markers
- Scatter foam balls across both sides of the net
- Divide group into two



Description:

Group splits up so that there are equal numbers on each side of net. Children are instructed that they need to clean up the rubbish on their side of the net and send it over to the other side by kicking the balls to the other side. Cleanest team at the end of the time period wins. On start command, children are to kick a single 'piece of rubbish' (foam ball) to the opposite side of net. Continue for a few minutes then stop the game and count how many pieces of rubbish each side has. Team with least amount of rubbish wins! Mix up teams and repeat.

Kicks must travel along the ground.

Variations:

- Increase space size
- Introduce an area between the teams' area that is a no-go zone
- Bonus points for players who stop the rubbish and kick it right back

Teaching Points:

Kicking

- Eyes on the ball
- Kicking foot like a penguin (turn it outwards)
- Step (next to the ball), swing and kick

